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HOUSEKEEPING FOR TWO

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IN the chilly fall days, a warm, comforting dish for luncheon or supper makes an appeal to our appetites. There's much comfort in a dish of split peas, if properly cooked. They may be made into a delicious cream soup, or they may be baked with some slices of bacon, taking the place of baked beans and pork. They are more quickly prepared than beans and for many people much more easily digested. The yellow split peas are the best, unless you happen to want a green soup some time for the sake of harmony in color, when the green split peas may be used. Either sort can be bought in bulk or in packages for five or six cents a pound, and one obtains a large amount of nutriment for the few cents expended.

Split Pea Soup. One quart cold water, one-half cup split peas, one tablespoon butter, one tablespoon flour, one cup milk, one slice onion, salt, white pepper. Look over the peas, wash and put over to cook in the cold water. Bring slowly to the boiling-point and cook gently until tender enough to mash easily through a sieve. They should cook about two hours and should be so soft that they are not at all grainy when mashed. Melt the butter, add the flour and stir into the hot mashed peas. Then stir in the milk, having first scalded it with the onion. Bring the soup to the boiling-point, and if you have it, add a half-cup of cream. The soup should be perfectly smooth and about the consistency of rich, thick cream. Add salt and pepper and strain into serving dishes. Crutons are especially good with this soup. This dish is almost a meal by itself and should not be served with other hearty dishes. Add a salad with bread and butter, and you have a sufficiently substantial meal for luncheon or supper.

Split Peas and Bacon. For this dish the peas should be cooked until tender, but not so much that they will lose their shape. One cup of peas to one pint of water will give sufficient moisture. Add one-quarter teaspoon of salt, and cook until the water is nearly all absorbed, taking care that the peas do not scorch. When they are done, put them in a baking-dish, cover the top with some very thin strips of bacon and cook in the oven until the bacon is crisp.

An oyster stew or a dish of scalloped oysters is another cheering

dish for cold fall nights. For the oyster stew get a dozen count oysters or a half pint in bulk. In either case get them, if possible, where you can see them opened, to be sure they are fresh. Stale oysters are disappointing, even if they have not reached the danger point. Look over the oysters for any bits of shell that may cling to them. Put them in a strainer and pour over them one-quarter cup of cold water, allowing it to drain into the oyster liquor. Bring the liquor and water to the boiling-point, strain, add the oysters and cook until the edges curl. Put butter in a hot dish, add half teaspoon salt, a little pepper, pour over it one cup of hot milk, add oysters and liquor and serve.

Scalloped Oysters. One dozen count oysters or half pint oysters in bulk, half cup stale bread crumbs, half cup cracker crumbs, four tablespoons melted butter, two tablespoons oyster liquor, one tablespoon milk, salt, pepper. Look over oysters and rinse with cold water. Mix the bread crumbs, cracker crumbs and melted butter. In a buttered baking dish put a layer of crumbs, then a layer of oysters and sprinkle with salt and pepper. Add a layer of crumbs, then another layer of oysters and seasoning. Pour over the oyster liquor and milk and put a final layer of crumbs on top. Bake in a moderate oven from twenty to thirty minutes, or until crumbs are nicely browned.

The holidays are coming, and while the family of two may not indulge in a turkey, a roast chicken is possible, and there should be a guest or two to help eat it, on Thanksgiving Day anyway, no matter how small the establishment may be.

A chicken weighing three pounds will be satisfactory. It should be yellow and firm of flesh, not bluish and flabby and moist. The latter characteristics belong to cold storage chickens. Try the end of the breast bone. If it bends, showing that the cartilage has not yet changed to bone, the chicken is young enough to be good roasted. Have the chicken drawn and the crop taken out at the market. Put the hand into the body cavity and loosen all the membranes holding the internal organs in place. Then, by taking hold of the gizzard, the heart and liver will come out with it. Another search must be made for the lungs, which can be loosened with the forefinger, and the kidneys, which lie on either side the backbone, should also be taken out. The lungs and kidneys are usually discarded. The gizzard, heart and liver may be cleaned, trimmed and simmered until tender, then chopped and added to the gravy. The gall-bladder, a little greenish bag, lies close to the liver, and must be carefully cut out without breaking. It is usually necessary to cut away a portion of the liver to get the gall bag out safely. Cut off the feet, push back the skin at the neck, and with a strong knife cut

off the neck rather close to the body. Take out the pin feathers, singe the chicken and wash thoroughly inside and out with a damp cloth and wipe dry. Fill the opening at the neck, where the crop was taken out, and the body cavity with stuffing. Sew up, tie the wings and legs close to the body, or fasten with a skewer. Brush the chicken with melted butter, sprinkle with salt and put in a pan. Bake in a hot oven until nicely browned, lower heat and baste frequently with hot water and butter, one tablespoon butter in one-half cup water. A young three-pound chicken will bake in an hour. Do not let the oven get hot enough to smoke at any time during the baking.

Chicken Stuffing. Two cups stale bread crumbs, half cup butter, salt, pepper, sage or poultry seasoning and hot water. Melt butter, stir in crumbs and seasonings. Add just enough water to make crumbs moist, but not wet.

Gravy. After taking up the chicken, add to the drippings in the pan one and a half tablespoons flour, stir until blended and cook three minutes. To the liquor from the giblets add enough water to make one cup of liquid. Add this to the drippings and flour, stir until it boils. Season and strain if not perfectly smooth, and add chopped giblets.

Cranberry Jelly. Two cups of cranberries, one cup sugar, half cup water. Look over and wash cranberries, put into a saucepan with water. Cook until tender enough to press through a sieve, leaving only skins behind. Add sugar, cook five minutes, turn into mold or serving dish.

If Thanksgiving Day is not complete without pumpkin pie, there is no reason why you should not have one if you have an oven. There are golden little "pie pumpkins," not much larger than a fair-sized muskmelon, the sight of which is enough to make one resolve to go home and have a pie.

Pumpkin Pie. Cut the pumpkin in halves, take out seeds and stringy portion. Cut in pieces, pare and put in a strainer over hot water, cover and cook until tender. Press through strainer. To each cup of pumpkin add one egg slightly beaten and one cup of milk. Season to taste with sugar, cinnamon, ginger and nutmeg. Line a pie tin with the paste, fill with pumpkin mixture and bake in a quick oven at first, lowering heat after rim of pie is set. Bake until nicely browned on top.

Pie Crust. Three-quarters cup of flour, two tablespoons butter, two tablespoons lard, one-quarter teaspoon salt, cold water. Mix and sift flour and salt, chop in the butter and lard with a knife, or work

them in lightly with the tips of the fingers. Add just enough very cold water to hold flour together in a ball. Pat out very thin with a knife and fit into pie tin, trimming off edges.

With a chicken, cranberry sauce, a vegetable, a bit of celery and pumpkin pie, one need sigh for no larger or better Thanksgiving dinner. And you may be sure that your appreciation of each dish will be better than if the number were multiplied. If the pie is beyond your resources or ambition, have apples and a dish of nuts and stem raisins to finish the meal.



THE *Boston Transcript* quotes Sydney Smith's advice concerning low spirits:

"First, live as well as you dare. Second, go into a shower bath with a small quantity of water at a temperature low enough to give you a slight sensation of cold, 75 or 80 degrees. Third, amusing books. Fourth, short views of human life—not further than dinner or tea. Fifth, be as busy as you can. Sixth, see as much as you can of those friends who respect and like you. Seventh, and of those acquaintances who amuse you. Eighth, make no secret of low spirits to your friends, but talk of them freely—they are always worse for dignified concealment. Ninth, attend to the effects tea and coffee produce upon you. Tenth, compare your lot with that of other people. Eleventh, don't expect too much from human life—a sorry business at the best. Twelfth, avoid poetry, dramatic representations (except comedy), music, serious novels, melancholy, sentimental people, and everything likely to excite feeling or emotion not ending in active benevolence. Thirteenth, do good and endeavor to please everybody of every degree. Fourteenth, be as much as you can in the open air without fatigue. Fifteenth, make the room where you commonly sit gay and pleasant. Sixteenth, struggle by little and little against idleness. Seventeenth, don't be too severe upon yourself, or underrate yourself, but do yourself justice. Eighteenth, keep good blazing fires. Nineteenth, be firm and constant in the exercise of rational religion."